

**South Carolina**  
**Nutrition, Physical Activity**  
**and Obesity Fact Sheets**  
*for Youth and Adults*

# **South Carolina Youth Nutrition, Physical Activity and Obesity Fact Sheets**

**SOUTH CAROLINA YOUTH OVERWEIGHT  
AND OBESITY - State-level Statistics**

**SOUTH CAROLINA YOUTH OVERWEIGHT  
AND OBESITY - State-level Statistics**

**SOUTH CAROLINA YOUTH OVERWEIGHT AND OBESITY  
BY GENDER AND RACE - State-level Statistics**

**SOUTH CAROLINA YOUTH PHYSICAL ACTIVITY  
BY GENDER AND RACE - State-level Statistics**

**SOUTH CAROLINA YOUTH PHYSICAL  
ACTIVITY BEHAVIORS - State-level Statistics**

**SOUTH CAROLINA YOUTH  
NUTRITION - State-level Statistics**

**To learn how you can support efforts for healthy eating and active living, visit  
[www.ESMMSC.org](http://www.ESMMSC.org) or [www.scdhec.gov/obesity](http://www.scdhec.gov/obesity).**



Prepared by:  
S.C. Department of Health and Environmental Control  
Bureau of Community Health and Chronic Disease Prevention  
Division of Nutrition, Physical Activity and Obesity  
1800 St. Julian Place, Suite 306, Columbia, S.C. 29204

# SOUTH CAROLINA YOUTH OVERWEIGHT AND OBESITY

## State-level Statistics

### The Problem

- Almost one in every three (31.7 percent) S.C. high school students are overweight or obese.
- Overweight and Obesity are more prevalent among:
  - Black high school students (39.8 percent) than among their white counterparts (25.3 percent).<sup>1</sup>
  - boys (32.9 percent) than among girls (30.5 percent)<sup>1</sup>.
- More than 1 in every 4 (28.9 percent) low-income children ages 2-5 are overweight or obese in S.C.<sup>2</sup>.
- Studies have shown that obese adolescents have a 70 percent chance of becoming overweight or obese adults<sup>3</sup>.
- 85.3 percent of S.C. high school students had not eaten fruits and vegetables five or more times per day within the 7 days prior to the survey<sup>1</sup>.
- If current trends continue, one out of every three children born in 2000 will develop Type 2 diabetes, primarily due to a poor diet and lack of physical activity<sup>4</sup>.

### The Complications

- |                       |                    |
|-----------------------|--------------------|
| • High Blood Pressure | • Poor Self-Esteem |
| • Sleep Apnea         | • Depression       |
| • Asthma              | • Type 2 Diabetes  |

<sup>1</sup> Data from the 2009 South Carolina Youth Risk Behavior Survey (YRBS), accessible at <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=SC>

<sup>2</sup> Contributor data from the Pediatric Nutrition Surveillance System (PedNSS), 2009,

<sup>3</sup> US Department of Health and Human Services. (2001). The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity. (Rockville, MD): US Department of Health and Human Services, Public Health Services Office, Office of the Surgeon General.

<sup>4</sup> Venkat Narayan, K. (2003). The Journal of the American Medical Association. 290: 1884-1890.

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# SOUTH CAROLINA YOUTH OVERWEIGHT AND OBESITY

## State-level Statistics

Prevalence of Overweight and Obesity in High School Students<sup>1</sup>  
2009 South Carolina Youth Risk Behavior Survey

	South Carolina			United States		
	Overweight	Obese	Overweight or Obese	Overweight	Obese	Overweight or Obese
	(85th to 94th percentile)	(95th percentile or above)	(85th percentile or above)	(85th to 94th percentile)	(95th percentile or above)	(85th percentile or above)
<b>Total</b>	<b>15.0</b>	<b>16.7</b>	<b>31.7</b>	<b>15.8</b>	<b>12.0</b>	<b>27.8</b>
<b>Percentage by Gender</b>						
Male	14.0	18.9	32.9	15.7	15.3	31.0
Female	16.1	14.4	30.5	15.9	8.3	24.2
<b>Percentage by Race/Ethnicity</b>						
White, Non-Hispanic	13.9	11.4	25.3	13.6	10.3	23.9
Black, Non-Hispanic	17.4	22.4	39.8	21.0	15.1	36.1
Hispanic/Latino	N/A	N/A	N/A	19.6	15.1	34.7
<b>Percentage by Grade</b>						
9th	15.2	19.6	34.8	17.2	11.8	29.0
10th	12.5	13.2	25.7	16.9	11.0	27.9
11th	16.7	15.0	31.7	14.0	11.8	25.8
12th	16.6	17.3	33.9	14.7	13.5	28.2

<sup>1</sup> Data from the 2009 South Carolina Youth Risk Behavior Survey (YRBS), accessible at <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=SC>  
Middle school data on Overweight and Obesity is not available  
N/A – Not Available

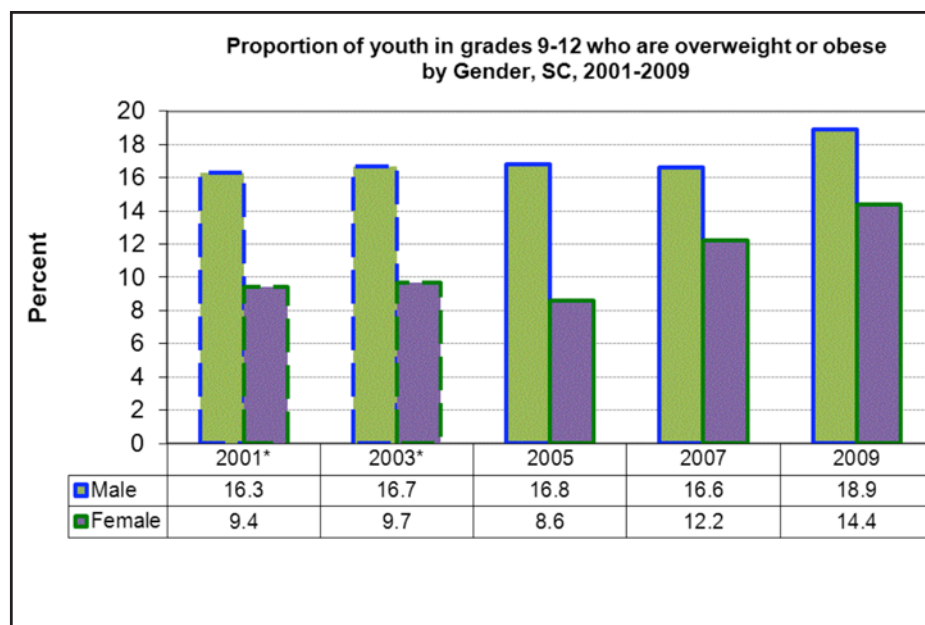
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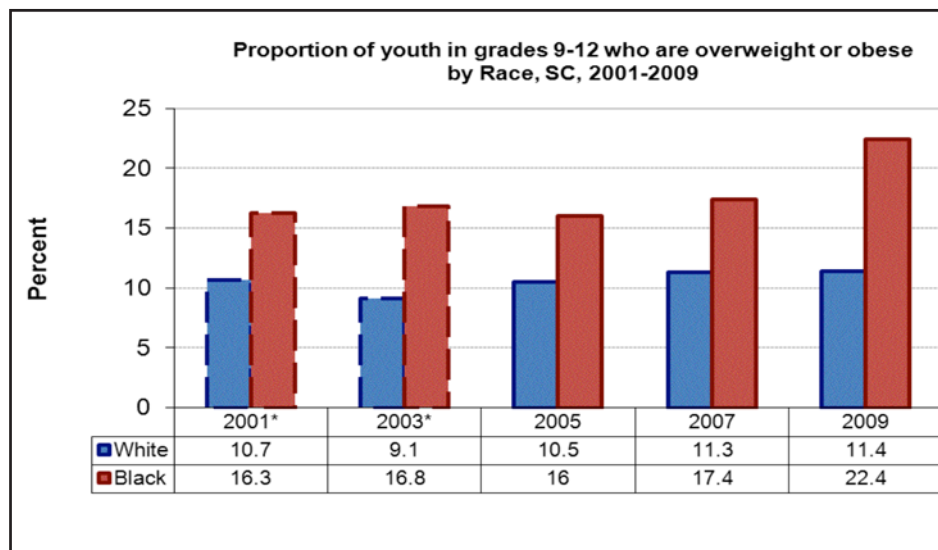
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# SOUTH CAROLINA YOUTH OVERWEIGHT AND OBESITY BY GENDER AND RACE

## State-level Statistics



\*Data for 2001 and 2003 are not weighted



\*Data for 2001 and 2003 are not weighted

Data Source: SC Youth Risk Behavior Survey (YRBS)

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# SOUTH CAROLINA YOUTH PHYSICAL ACTIVITY BEHAVIORS

## State-level Statistics

South Carolina Middle and High School Students<sup>1</sup>  
2009 South Carolina Youth Risk Behavior Survey

	South Carolina	
	Middle School (6th to 8th grade)	High School (9th to 12th grade)
	%	%
Physically active at least 60 minutes per day on less than 5 days		
<b>Total</b>	<b>49.4</b>	<b>66.7</b>
Male	43.3	59.0
Female	55.6	74.3
Did not attend physical education classes in an average week		
<b>Total</b>	<b>37.6</b>	<b>65.5</b>
Male	35.2	57.3
Female	40.1	73.9
Watched television 3 or more hours per day (on an average school day)		
<b>Total</b>	<b>44.6</b>	<b>39.7</b>
Male	44.7	38.6
Female	44.8	41.0
Used computers 3 or more hours per day (not school work)		
<b>Total</b>	<b>27.7</b>	<b>22.7</b>
Male	29.6	27.9
Female	25.5	17.7

<sup>1</sup> Data from the 2009 South Carolina Youth Risk Behavior Survey (YRBS), accessible at <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=SC>

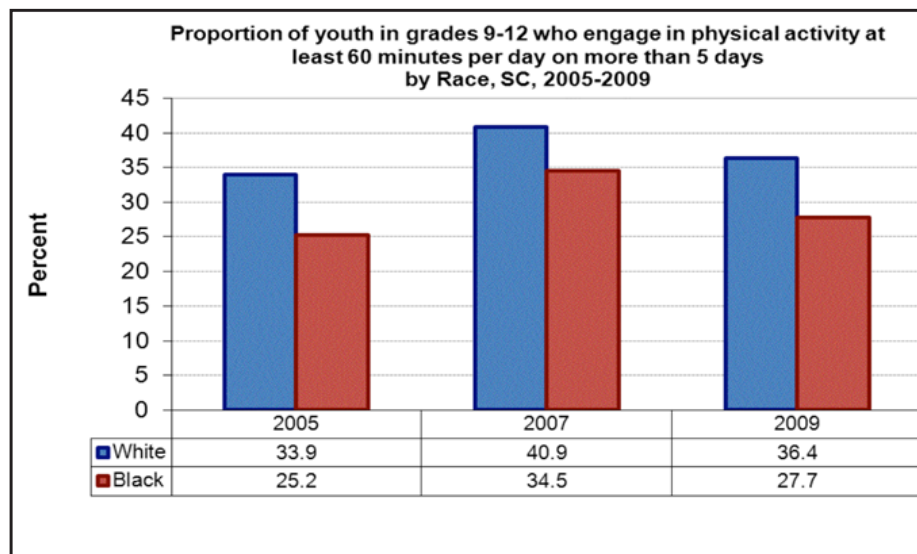
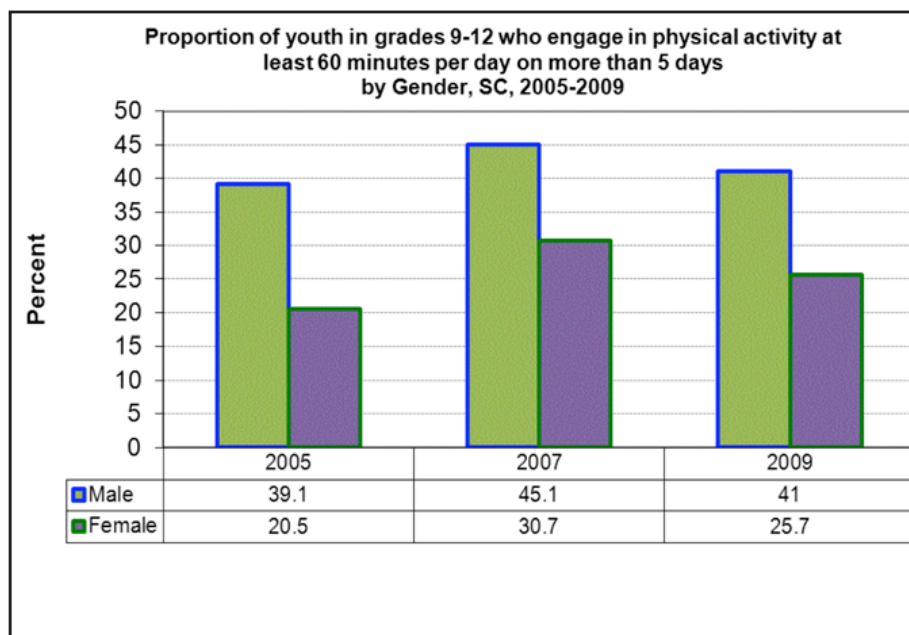
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# SOUTH CAROLINA YOUTH PHYSICAL ACTIVITY BY GENDER AND RACE

## State-level Statistics



Data Source: SC Youth Risk Behavior Survey (YRBS)

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# SOUTH CAROLINA YOUTH NUTRITION

## State-level Statistics

South Carolina High School Students<sup>1</sup>  
2009 South Carolina Youth Risk Behavior Survey

	South Carolina	United States
	High School (9th to 12th grade)	High School (9th to 12th grade)
	%	%
Ate fruits and vegetables less than five times a day		
<b>Total</b>	<b>85.3</b>	<b>77.7</b>
Male	84.6	76.1
Female	86.0	79.5
Drank a can, bottle, or glass of soda or pop at least one time per day		
<b>Total</b>	<b>33.2</b>	<b>29.2</b>
Male	35.4	34.6
Female	31.2	23.3
Drank less than three glasses of milk per day		
<b>Total</b>	<b>92.0</b>	<b>85.5</b>
Male	89.9	80.2
Female	94.1	91.3
Did not drink 100% fruit juices		
<b>Total</b>	<b>26.1</b>	<b>19.4</b>
Male	24.9	18.2
Female	27.2	20.8

<sup>1</sup> Data from the 2009 South Carolina Youth Risk Behavior Survey (YRBS), accessible at <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=SC>

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# **South Carolina Adult Nutrition, Physical Activity and Obesity Fact Sheets**

## **SOUTH CAROLINA ADULTS OVERWEIGHT AND OBESITY - State-level Statistics**

## **SOUTH CAROLINA ADULT OVERWEIGHT AND OBESITY BY GENDER AND RACE - State-level Statistics**

## **SOUTH CAROLINA ADULT OVERWEIGHT AND OBESITY - County-level Statistics**

## **SOUTH CAROLINA ADULT PHYSICAL ACTIVITY BY GENDER AND RACE - State-level Statistics**

## **SOUTH CAROLINA ADULT PHYSICAL ACTIVITY - County-level Statistics**

## **SOUTH CAROLINA ADULT FRUIT AND VEGETABLE CONSUMPTION - County-level Statistics**

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# SOUTH CAROLINA ADULTS OVERWEIGHT AND OBESITY

## State-level Statistics

### The Problem

- In 2009, S.C. had the 14th worst overweight or obesity rate in the nation.
- Three of every five (65.9 percent) S.C. adults are either overweight or obese<sup>1</sup>.
- Four of five (82.6 percent) S.C. adults do not consume the recommended number of five servings of fruits and vegetables per day<sup>1</sup>.
- Half of S.C. adults do not get the recommended amount of physical activity<sup>1</sup>.
- Of those South Carolinians who are overweight or obese, 37.5 percent have high blood pressure, 11.7 percent have diabetes, and 5.1 percent have coronary heart disease<sup>1</sup>.
- S.C. ranks 43rd in the nation in breastfeeding rates (43.4 percent).<sup>2</sup>

### The Costs

- In 2003, obesity-related medical expenditures for adults in S.C. totaled more than \$1 billion<sup>3</sup>.
- This translates to a cost of \$256 per South Carolinian.
- Over half of the medical costs were financed by Medicaid and Medicare<sup>3</sup>.

### The Complications

- |                        |               |                    |
|------------------------|---------------|--------------------|
| • Diabetes             | • Sleep Apnea | • High Cholesterol |
| • Gall Bladder Disease | • Asthma      | • Certain Cancers  |
| • Heart Disease        | • Stroke      | • Osteoarthritis   |
| • High Blood Pressure  | • Depression  |                    |

<sup>1</sup> Data source: South Carolina Behavior Risk Factor Surveillance System . Definition of overweight or obese: Body Mass Index  $\geq 25$

<sup>2</sup> Data from the Pediatric Nutrition Surveillance System (PedNSS), 2009.

<sup>3</sup> Finkelstein EA, Fielbelkorn, IC, Wang, G. State-level estimates of annual medical expenditures attributable to obesity. Obesity Research 2004;12(1); 8-24.

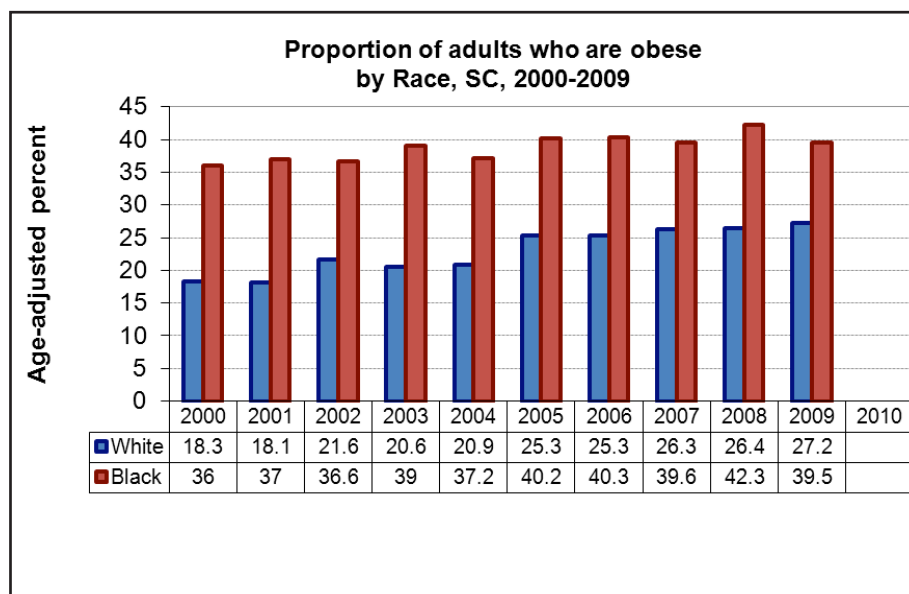
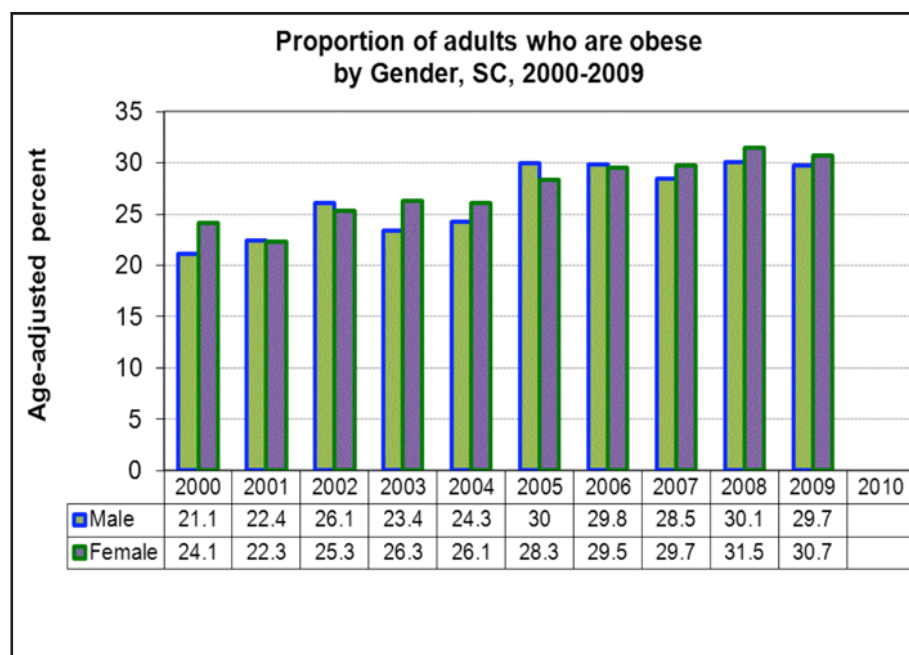
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# SOUTH CAROLINA ADULT OVERWEIGHT AND OBESITY BY GENDER AND RACE

## State-level Statistics



Data Source: SC Behavioral Risk Factor Surveillance System

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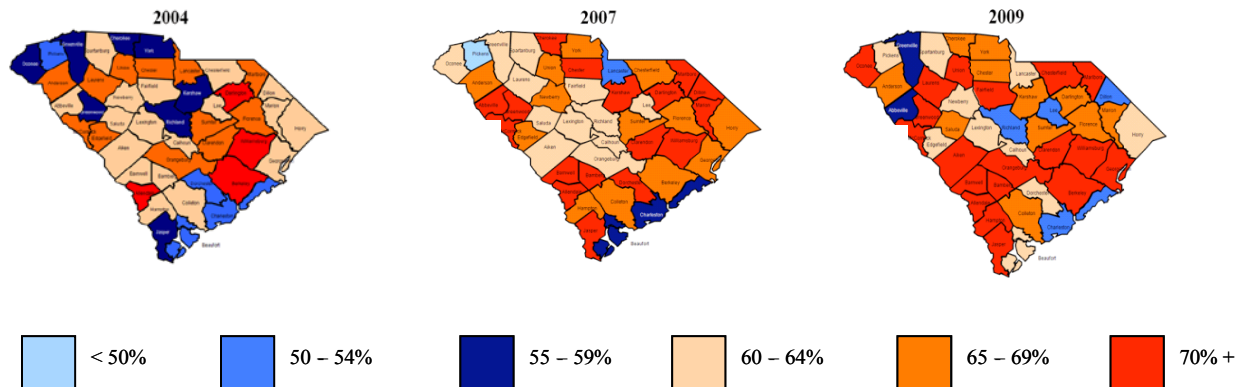


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# SOUTH CAROLINA ADULT OVERWEIGHT AND OBESITY

## County-level Statistics

**Percent of Overweight and Obese in S.C. Adults<sup>1</sup>**



Percentage of adults overweight or obese by county\*, 2009

County	%	County	%	County	%
STATE	65.8	DILLON	53.4	LEXINGTON	63.5
ABBEVILLE	56.2	DORCHESTER	63.5	MCCORMICK	79.7
AIKEN	73.1	EDGEFIELD	63.0	MARION	65.9
ALLENDALE	82.5	FAIRFIELD	74.6	MARLBORO	77.4
ANDERSON	67.7	FLORENCE	67.0	NEWBERRY	60.9
BAMBERG	74.0	GEORGETOWN	71.5	OCONEE	71.5
BARNWELL	73.8	GREENVILLE	59.3	ORANGEBURG	72.7
BEAUFORT	63.6	GREENWOOD	79.1	PICKENS	61.8
BERKELEY	70.2	HAMPTON	73.4	RICHLAND	50.4
CALHOUN	60.9	HORRY	60.2	SALUDA	66.3
CHARLESTON	51.2	JASPER	85.9	SPARTANBURG	64.4
CHEROKEE	65.6	KERSHAW	68.2	SUMTER	67.7
CHESTER	65.9	LANCASTER	64.3	UNION	75.4
CHESTERFIELD	79.6	LAURENS	73.6	WILLIAMSBURG	80.0
CLARENDON	87.8	LEE	50.9	YORK	65.7
COLLETON	66.1				
DARLINGTON	69.7				

\*The synthetic method is the method used to ascertain county numbers: small area estimation using surrounding counties if the sample size requirements are not met by the individual counties

Data source: South Carolina Behavior Risk Factor Surveillance System.  
Visit <http://www.scdhec.gov/health/chcdp/obesity/index.htm> for more information on obesity in South Carolina.

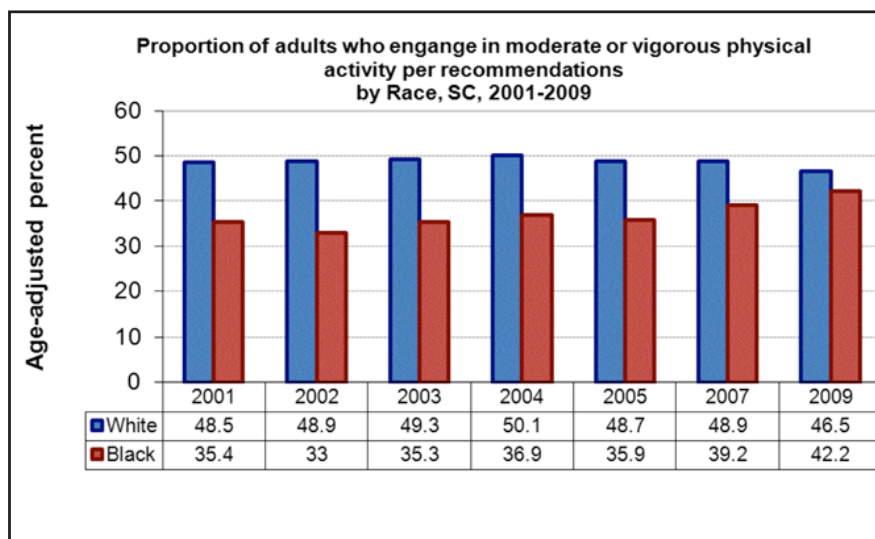
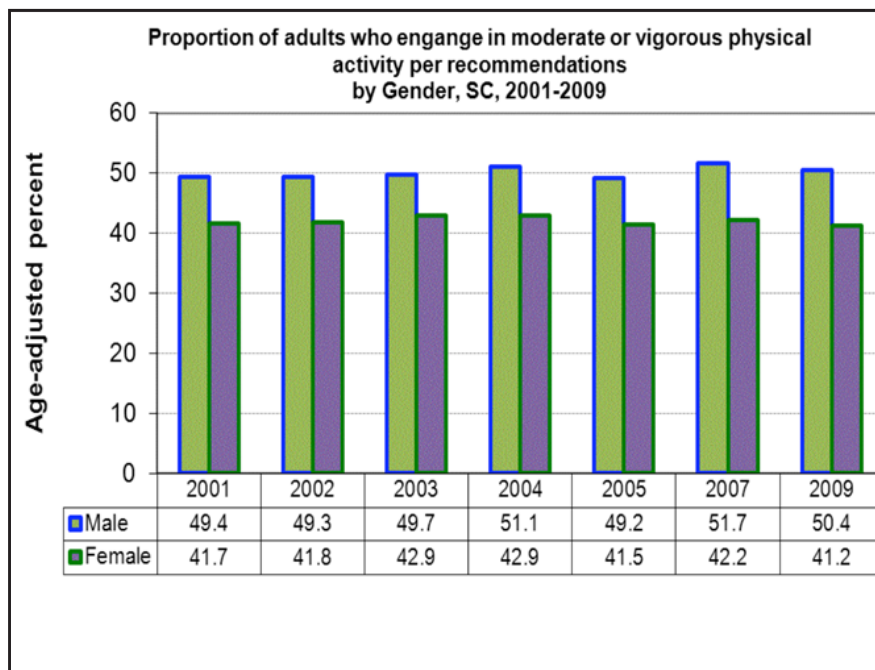
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# SOUTH CAROLINA ADULT PHYSICAL ACTIVITY BY GENDER AND RACE

## State-level Statistics



Data Source: SC Behavioral Risk Factor Surveillance System

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# SOUTH CAROLINA ADULT PHYSICAL ACTIVITY

## County-level Statistics

Percentage of adults physically inactive by county\*, 2009

County	%		County	%
STATE	26.2			
ABBEVILLE	24.7		GREENWOOD	26.6
AIKEN	25.4		HAMPTON	21.9
ALLENDALE	26.6		HORRY	27.9
ANDERSON	28.0		JASPER	22.0
BAMBERG	23.8		KERSHAW	23.3
BARNWELL	27.5		LANCASTER	24.6
BEAUFORT	16.1		LAURENS	23.1
BERKELEY	21.9		LEE	24.7
CALHOUN	25.1		LEXINGTON	25.7
CHARLESTON	19.0		MCCORMICK	24.5
CHEROKEE	20.0		MARION	31.0
CHESTER	22.4		MARLBORO	33.6
CHESTERFIELD	26.4		NEWBERRY	26.9
CLARENDON	27.9		OCONEE	23.3
COLLETON	26.3		ORANGEBURG	30.0
DARLINGTON	30.9		PICKENS	23.7
DILLON	31.0		RICHLAND	19.1
DORCHESTER	16.3		SALUDA	27.7
EDGEFIELD	22.8		SPARTANBURG	17.4
FAIRFIELD	23.0		SUMTER	23.8
FLORENCE	35.3		UNION	21.1
GEORGETOWN	32.7		WILLIAMSBURG	38.0
GREENVILLE	18.9		YORK	20.1

\*The synthetic method is the method used to ascertain county numbers:  
small area estimation using surrounding counties if the sample size requirements are not met by the individual counties

Data source: South Carolina Behavior Risk Factor Surveillance System. Physically Inactive is defined as not participating in any physical activities.  
Visit <http://www.scdhec.gov/health/chcdp/obesity/index.htm> for more information on obesity in South Carolina.

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# SOUTH CAROLINA ADULT FRUIT AND VEGETABLE CONSUMPTION

## County-level Statistics

Percentage of adults consuming less than five servings of fruit or vegetables by county\*, 2009

County	%	County	%
STATE	82.6		
ABBEVILLE	84.8	GREENWOOD	83.9
AIKEN	80.7	HAMPTON	83.1
ALLENDALE	84.5	HORRY	87.3
ANDERSON	87.2	JASPER	82.1
BAMBERG	82.5	KERSHAW	83.6
BARNWELL	82.4	LANCASTER	85.3
BEAUFORT	80.3	LAURENS	74.2
BERKELEY	81.6	LEE	83.0
CALHOUN	81.1	LEXINGTON	81.8
CHARLESTON	80.6	MCCORMICK	87.8
CHEROKEE	85.1	MARION	85.5
CHESTER	86.1	MARLBORO	86.1
CHESTERFIELD	87.7	NEWBERRY	81.2
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COLLETON	86.2	ORANGEBURG	83.3
DARLINGTON	85.8	PICKENS	84.9
DILLON	85.3	RICHLAND	82.7
DORCHESTER	82.3	SALUDA	83.0
EDGEFIELD	83.6	SPARTANBURG	86.8
FAIRFIELD	85.8	SUMTER	79.5
FLORENCE	86.0	UNION	83.4
GEORGETOWN	86.3	WILLIAMSBURG	86.1
GREENVILLE	86.2	YORK	86.4

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# SOUTH CAROLINA OVERWEIGHT AND OBESITY

## Strategies For Solution

### What You Can Do in Your Home:

1. **Rethink your drink** – before picking up that can of soda, think about choosing something your body needs, like water or low-fat (1%) or fat-free milk.
2. **Right size your portions** – when it comes to portion sizes, bigger is not always better.
3. **Tame the tube** – by turning off the TV, you can decrease your family's risk of becoming overweight and spend more "quality time" together.
4. **Move more everyday** – even small amounts of daily physical activity can help you stay healthy.
5. **Eat more healthy meals at home** – eating smart at home will not only reduce the amount of fat and calories you eat – it can even save you time and money.
6. **Eat more fruits and vegetables** – whether fresh, frozen, canned or dried, fruits and vegetables are quick, delicious and convenient. They will keep you healthy all year round.
7. **Provide the best start** – with all the benefits for mom and baby, breastfeeding is the best start to eating smart.

### What You Can Do in Your Community:

- Get involved in efforts to establish bike and walking paths.
- Establish community farmer's markets.
- Get involved with schools to support Farm to School Programs.
- Work with your school to implement a comprehensive Safe Routes to School Program.
- Champion for a stairwell campaign to promote more activity during the work day.
- Promote policies for healthy food and beverage options in cafeterias, vending, meetings and catered events.
- Support breastfeeding-friendly environments.

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